

INFLUENZA IS NOTHING TO SNEEZE AT!! IT'S SERIOUS!

The Flu (influenza) is spread by:

- Coughing & Sneezing
- Unclean Hands
- Surfaces with Frequent Hand Contact (door knob, etc.)



Don't Be Caught Off Guard! Take Precautions

1. **Frequent Hand Washing** Wash hands for at least 20 seconds with hot water and soap.
2. **Waterless Hand Solutions** are a good alternative if your hands are not visibly dirty.
3. **Use Tissues** when coughing or sneezing and dispose of them properly and again wash hands as soon as possible.
4. **Get Plenty of Rest.**
5. **Exercise Regularly,** maintain a healthy diet, and drink plenty of fluids.
6. **Don't Share Drinking Glasses,** cups, spoons or forks.
7. **Limit Your Contact** with others when ill.
8. **If You Are Ill, STAY HOME!**
9. **Avoid Touching and Rubbing** your nose and/or eyes.
(If you must, wash your hands first or use an instant hand sanitizer)



Those at highest risk include:

- Children 6-23 months
- Elderly over age 65
- Those with Chronic medical conditions (diabetes, asthma, HIV, etc.)

The Department recommends that physicians and other health care professionals focus primarily on high-risk groups.

For More Information: (202) 671-5000
www.dchealth.dc.gov



Government of the District of Columbia
Anthony A. Williams, Mayor